Each chapter is structured to stand alone, starting with a brief overview of what is to be discussed and finishing with a succinct summary of the key conclusions. Details of data analyses have been relegated to short notes at the end of each chapter that, although may not please more statistically inclined readers, serves the intended goal of making the text very readable. The result is that information is presented in a way that will be accessible to all—from undergraduates to professional scientists.

Whether intentional or not, large parts of the book also contain a personal perspective that is particularly refreshing to read. For example, while the authors' enthusiasm for the goats is obvious, their concerns for the future of the Caw Ridge population also come across clearly. Coupled with an honest appraisal of the study's limitations as well as its successes, readers will get some insight into the effort and dedication required to run a long-term field study of this nature.

Overall, *Mountain Goats* is an excellent progress report on an important project that should continue to provide great insights into this remarkable animal. As such, the volume should be of great interest to a wide audience of evolutionary ecologists, wildlife managers, and just about anyone with a keen appreciation of field biology.

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Bernard Heuvelmans' The Natural History of Hidden Animals.

Edited by Peter Gwynvay Hopkins. London (United Kingdom): Kegan Paul and New York: Columbia University Press; distributed by Marston Book Services, Oxfordshire, United Kingdom. $120.00. xii + 145 p.; ill.; index. ISBN: 978-0-7103-1333-1. 2007.

Cryptozoology, the study of hidden or unknown animals, is a vocation for almost no one, but an avocation for many who are fascinated by the possibility of living dinosaurs, lake monsters, and wild men, as well as by the more mundane discoveries of large animals such as giant squid, coelacanths, the Komodo dragon, and the okapi. This posthumous work by the "father of cryptozoology" (Bernard Heuvelmans, 1916–2001) was compiled, with the author's approval, by the editor and others from his notes and published writings. Stated to be a brief introduction, it is rather a personal view of the history of cryptozoology and a defense of the discipline. Topics covered include the social and historical roles of monsters and myths, the appropriate subjects of cryptozoology, a consideration of "living fossils" and "lost worlds," praise for early cryptozoologists and their discoveries, and a defense of the field against its perceived detractors (e.g., Georges Cuvier in the 19th century and G. G. Simpson in the 20th century).

The text is rather awkwardly translated from the original French, which, combined with the author's rather old-fashioned style in that language, has resulted in a stilted, often convoluted prose. The book is illustrated by black-and-white photographs of animals mentioned in the text, historical and modern images of unknown animals, and portraits of cryptozoologists.

Although cryptozoology gained a more rigorous methodology in the late 20th century (*Cryptozoology: Interdisciplinary Journal of the International Society of Cryptozoology.* 1982–1999), Heuvelmans's own writings, this book included, often eschew critical analysis of available data. Rather, the dual cataloguing of the last 150 years of zoological discoveries and the observations of unexplained or as yet incompletely known animals are proffered as evidence that many large animals remain to be discovered. Although it may appeal to general readers, zoologists will find little new information here, and anyone interested in the topic might be better advised to refer to the now dated, but more engaging volume, *On the Track of Unknown Animals* (B. Heuvelmans. 1995. London: Kegan Paul International).

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HUMAN BIOLOGY AND HEALTH

Aging: The Paradox of Life: Why We Age.

By Robin Holliday. Dordrecht (The Netherlands): Springer. $44.95. xiii + 132 p.; ill.; index. ISBN: 978-1-4020-5640-6. 2007.

This is a short popular book written by a famous geneticist and biogerontologist. The author is a retired professor notable for his classic studies of genetic recombination, with a DNA intermediate now known as the "Holliday structure" (or "Holliday junction"). In just 132 pages, he presents to general readers his personal understanding of the biological aging process, its multiple causes, evolution of aging and longevity, interspecies differences in life span, the number of genes involved in human aging and longevity, modulation of aging and life extension, determinants of human longevity, and many other topics, such as the origin of religion and human warfare. This broad discussion of so many different topics is supported by a very short bibliography (just one page), which may

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